OH MY DARLING
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ABANDONED IN A GARBAGE BIN
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PLAYOFF HOPES REST ON BOMBER ROOKIE
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WINNIPEG
metro®
Thursday, November 3, 2011
www.metronews.ca
News worth sharing.

Chronic car thieves sued after fatal crash

- Killer car thief owes insurer nearly $18,000 from prior lawsuit
- Other offender owes more than $26,000 from 2 prior lawsuits

JAMES TURNER
@METRONEWS.CA

Two chronic Winnipeg car thieves were engaged in a "joint criminal enterprise" on the chilly December day a Hummer was stolen from a parking lot and ultimately crashed while speeding, killing a city father, Manitoba Public Insurance alleges.

And if they can prove it, MPI says the thieves should be forced to pay nearly $40,000 in damages for the wrecked SUV and the much smaller Subaru belonging to Zdzislaw Andrzejczak, the public insurer claims in lawsuit documents.

Andrzejczak, 47, died on the afternoon of Dec. 11, 2009, after a stolen Hummer H2 sped through a stop sign while travelling at 94 km/h on a residential street in the North End.

The now-19-year-old man piloting the SUV was sentenced to seven years in prison earlier this year after pleading guilty to criminal negligence causing death.

A now-18-year-old man was convicted of theft of the Hummer in late July and handed a time-served youth sentence of three years in jail and three years of probation.

MPI hopes to recover the costs of replacing the vehicles, claiming the "careless and reckless" actions of the two led to the crash and vehicle damage.

The younger offender comes from the city's most prolific car-thief family. He made national headlines in late 2008 after a judge ordered him to go live in Saskatchewan as a "last-ditch" effort to rehabilitate him.

The unusual tactic — described as a banishment by many — failed and the boy returned to Manitoba only to take up stealing cars again.

He is currently getting his first look at an adult jail inside the Winnipeg Remand Centre.

He was arrested late last week and accused of breaching probation conditions and numerous counts of uttering threats.

Previous roles

- Both young men have bleak histories with auto-theft-related crimes in Winnipeg, with the 19-year-old playing a role in the circumstances leading up to a separate stolen-SUV crash that killed a city cabbie in 2008.

Star. Trekker

▶ Dana Meise, left, sits with Premier Greg Selinger at the Forks yesterday after arriving in Winnipeg. Meise is 10,000 kilometres into his walking trek across the country on the Trans-Canada Trail.

JENNA CUMBERS/FOR METRO

'Pegged at 10,000 kilometres

Dana Meise, who started "The Great Hike" after his father lost the ability to walk five years ago, carries a 70-pound pack and walks 30-40 kilometres every day on the Trans-Canada Trail for six months a year. He expects to finish his journey in three more years.

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Route 90 facelift a must: Chamber

After the successful opening and launch of Winnipeg's new airport terminal, the Winnipeg Chamber of Commerce wants the area around the airport to be just as welcoming.

Chamber president Dave Angus says the worst stretch of road from the airport to downtown is the section of Route 90 in between Ness Avenue and St. Matthews Avenue.

Numerous plans have been developed to beautify that stretch of road, but nothing has been done. The current plan involves serious landscaping, the removal of the chain-link fence and moving the light standards to the meridian from which to hang banners.

Angus said the total hasn't been completely costed, but is estimated at about $3 million. He said the chamber plans to ask the three levels of government and the private sector to foot the bill. ELISHA DACEY

Gas costs behind rise in transit fares

Winnipeg Transit will raise its fares five cents a ticket in January.

Fares would change to $2.45 for cash and $2.15 a ticket. Handi-transit fares will rise three cents to $2.13 for a ticket and $2.15 for cash. METRO

Art. As Infrastructure

▶ Artists Karen Shanski and Eduardo Acquino show off their work, titled From Here Until Now, yesterday The piece is now gracing the Osborne Street Bridge after a major rehabilitation project this summer.

JAMES TURNER/METRO

A bridge between neighbourhoods

Their artists' work is incorporated into the handrails and concrete of the bridge and is meant to celebrate the distinct characters of the two neighbourhoods on either side of the bridge, as well as important architectural moments in their histories.

Rescued puppies need a new leash on life

Two dogs found in garbage bin were almost dead ◐ Emergency care from local veterinarians saved their lives ◐ Puppies up for adoption

ELISHA DACEY
@METRONEWS.CA

Two puppies left to die in a dumpster have a second chance at a great life.

Puppies Wednesday and Pugsley were brought to the City of Winnipeg Animal Services Agency last week after being found in a trash bin. Both dogs were near death and needed emergency care.

City officials said the puppies both survived and will be available for adoption this week at Animal Services on Logan Street.

"Animal Services officials wish to remind the public that if residents are unable to care for their dogs, there are many resources available in Winnipeg," the city said in a press release. "Ask family, friends, co-workers, or seek the assistance of the numerous animal welfare groups in Winnipeg."

CITY OF WINNIPEG ANIMAL SERVICES

▶ Wednesday and Pugsley will soon be up for adoption.

1 news

A sophisticated imaging device promises more accurate results in screening for melanoma. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

The Hudson's Bay Co. shows off its collection of apparel to be worn by our athletes at the 2012 Summer Olympics. Video at metronews.ca/video

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Police dismantle mother's story

Jury watches interrogation video at trial of alleged honour killers

A Montreal woman accused of killing her three daughters slowly changed her tune during a six-hour interrogation, as the investigator tried to appeal to motherly guilt, but he suggested her new story was just as implausible, court heard yesterday.

Tooba Mohammad Yahya, 41, her husband Mohammad Shafia, 58, and their son, Hamed Mohammad Shafia, 20, are all charged with four counts of first-degree murder in the deaths of three Shafia sisters and Shafia's other wife in a polygamous marriage. They have pleaded not guilty.

Yahya, Shafia and Hamed were arrested July 22, 2009, and yesterday the jury watched much of the video of the long interrogation of Tooba. RCMP Insp. Shahin Mehdizadeh was brought in to conduct the interview in Farsi.

For much of the interview, Mehdizadeh goes over Yahya's story with her piece by piece, pointing out evidence to the contrary and accusing her of lying to him. "This is not an accident, madam," he says.

THE CANADIAN PRESS

Submerged car

- Three teenage Shafia sisters, Zainab, 19, Sahar, 17, and Geeti, 13, along with Rona Amir Mohammad, 50, were found dead inside a submerged car on June 30, 2009, in locks in the Rideau Canal in Kingston, Ont.

HANDOUT/THE CANADIAN PRESS

▶ A car is pulled from the bottom of an eastern Ontario canal after being found with the bodies of three sisters and their father's first wife inside, in this 2009 file photo.

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Soldier who killed comrade testifies at trial

A former Canadian soldier charged in the shooting death of a fellow reservist in Afghanistan told his court martial yesterday he fired his weapon instinctively when he saw a gun pointed at his head.

However, Matthew Wilcox admitted the only other person inside the tent that day at Kandahar Airfield had to be his best friend, Cpl. Kevin Megeney — the man he is accused of fatally shooting.

Wilcox, who is facing a second court martial in the case, also denied telling anyone that the two infantrymen from Nova Scotia were playing a game of "quick draw" when his gun went off on March 6, 2007.

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ Matthew Wilcox

Testifying in his own defence, the 26-year-old from Glace Bay told the military court he knowingly failed to remove a loaded magazine from his nine-millimetre Browning pistol before entering the tent he shared with Megeney.

Wilcox said he left the magazine in the semi-automatic weapon because he was too busy carrying his gear after completing a long shift guarding the camp's main gate.

When defence lawyer David Bright asked him how he felt after the shooting, Wilcox replied in a monotone.

"Horrible, sir," he said. "Kev was a really good guy. I can't really explain how I feel, sir."

THE CANADIAN PRESS

Rare white kiwi regains her mojo

Manukura the white kiwi appears to have regained her mojo after a heart scare during surgery to remove a stone from her gizzard. THE ASSOCIATED PRESS

NICK PERRY/THE ASSOCIATED PRESS

▶ Manukura is treated at the Wellington Zoo.

Needle found in Halloween candy

Police in Whitby, Ont., are asking children and parents to check Halloween stashes after a girl found a needle in a piece of candy.

THE CANADIAN PRESS

Justin Trudeau upset over questioning of his faith

Liberal MP Justin Trudeau says he is upset and offended by a Tory MP who publicly questioned his adherence to the Catholic faith and his suitability to speak to students at a Catholic school.

Dean Del Mastro, the parliamentary secretary to the prime minister, said on Facebook last month that it was "outrageous" the Catholic school board in Peterborough, Ont. had invited Trudeau to speak for a second time in three years.

But Trudeau said he doesn't see any incongruity between enshrining the rights of gays and lesbians, for example, and the tenets of Catholicism. He notes that he is personally very opposed to abortion, but still believes nobody can tell a woman what she should do with her body.

"For someone to start questioning my own faith ... is something that I really take issue with."
LIBERAL MP JUSTIN TRUDEAU

THE CANADIAN PRESS

Attack on magazine denounced

A firebombing that destroyed the offices of a French satirical weekly that "invited" the Prophet Muhammad as its guest editor was denounced yesterday by Muslim leaders and politicians from all sides.

No one was injured in the blaze at the offices of Charlie Hebdo in eastern Paris, hours before the issue featuring a caricature of Muhammad on its front page hit the newsstands.

THE ASSOCIATED PRESS

Pilot error cited in Russian jet crash that killed hockey team

Investigator says company failed to observe safety standards and adequately train crew ◆ Pilots had previously flown other type of plane

A Russian pilot inadvertently put the wheel brakes on during takeoff, causing a crash that killed 44 people including a professional ice hockey team, investigators said yesterday, citing lax oversight and insufficient crew training as key reasons behind the error.

The Interstate Aviation Committee said the Sept. 7 crash of the Yak-42 plane near Yaroslavl in central Russia occurred because one of the two pilots accidentally activated the brakes and then yanked a control wheel to his chest, pulling the plane up too sharply in a desperate attempt to take off.

Alexei Morozov, leader of the investigation, said the crew should have aborted the takeoff the moment they realized it was going wrong.

He said one possible reason the pilot obstinately still tried to take off was a fear of reprisals from his employer.

"Many pilots say that those who cause delays in flight schedules ... run into various problems at many carriers," Morozov told a news conference. "Company management doesn't like it."

Industry experts say when Russian crews abort takeoffs, make second runs or divert their planes to other airports they can risk losing their bonuses or face other sanctions as carriers focus on cutting costs.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS FILE

▶ Rescuers work at the crash site of a Russian Yak-42 jet near the city of Yaroslav on Sept. 7, 2011.

Fatal disaster

- The crash was one of the worst aviation disasters ever in sports as the dead included 36 players — many of them former NHL players — Canadian-born head coach Brad McCrimmon and staff of the Lokomotiv Yaroslavl hockey team.
- The only player who survived the crash later died of burns. A flight engineer was the sole survivor.

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JAILS ARE A LOT LIKE COFFEE SHOPS — OR THEY SHOULD BE

HE SAYS ...

JOHN MAZEROLLE
METRO

Attention, readers who value their lives: You are in danger! While you read this innocuous-looking sentence (don't be fooled!), criminals could be violating your home, office or body.

That's because crime is everywhere.

It's in Canadian downtowns, uptowns, upper downtowns, downer uptowns, suburbs, ghettos, bayous, kibbutzes, duck blinds, under the bed, below the gum line, and even in those stubborn and hard to reach places, like Moose Factory. No one is safe.

To be honest, if you've read this far without undergoing some form of violent attack, major theft or unwanted touching, such as the "noogie," then you should count your blessings. If you count them closely, I think you'll find that several have been stolen.

"By raising your vigilance, we are protecting you from the inevitable crime of the future and the unreported crime of the past."

And now the truly frightening part: There's nothing you can do about it.

That's why the Conservative government is getting — nay, must get — tough on crime.

I for one fully support their tough-on-crime agenda (which dovetails nicely with their tough-on-arts and tough-on-environment agenda).

As a left-wing media stooge, I'm expected to oppose everything the Conservatives do, but truth is the media and the government are on the same page, crime-wise.

We both recognize that the quickest way to get people's attention is through fear.

That's why so many newscasts begin with some variation on the question, "Should Canadians be worried?" To which the implicit but unspoken reply is "Yes, OF COURSE you should be worried; otherwise, we wouldn't be bringing you a story about this unprecedented CRISIS, would we, stupid?"

So I say increase the number of prisons until they rival the number of Tim Hortons. Criminals won't dare commit crimes if there's always a clink within view.

Don't think us crass, though. I think it's clear that, whether government or media, we scare because we care. We worry about crime because we're worried about your well-being. By raising your vigilance, we are protecting you from the inevitable crime of the future and the unreported crime of the past.

Understand? You win. We care.

And, if you don't remain vigilant, who knows what might happen? Personally, I worry you'll miss out on something truly scary and horrible, and you'll be so embarrassed you were out of the loop that you'll just wish you were dead.

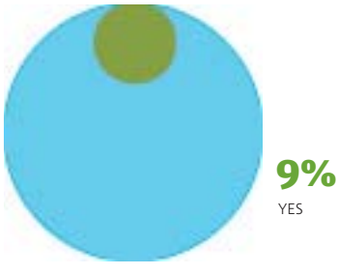
And if you do die, we in the media will be there to cover it. Like we care.

Read more of John Mazerolle's columns at metronews.ca/hesays

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should teachers and students be friends on Facebook?



Local tweets

- **@chantellneff:** Went to the library for a quiet place to study. Slept for an hour. #womp
- **@MoskalElectric:** How does a Wookiee sandwich taste? A little Chewy.
- **@LorenzoRezzy:** I had a dream about fires, floods and people seeming to be fine with it all.
- **@tanya_jaggard:** Who needs alcohol when you could have cookies and Disney movies instead?
- **@ chuckmaguet:** I'm not saying I wanna go to #Winnipeg but I'm definitely curious about the hype over the new Winnipeg Airport! #interested
- **@MattThor:** It's now legal to bring your own wine to a restaurant in #Winnipeg, wonder how long til you can bring your own beer! #GonnaStartACampaign
- **@mrestyle:** The Winnipeg airport used to be thee best place in the city to play pinball, never saw one pinball machine in new airport. Sad, sad stuff...
- **@ElliottChirps:** Winnipeg next week. No concerts, no hockey, no fun. Jet-setting across Canada for work, with my boss, flying Air Canada out of Pearson. #fml

Letters

The recent actions of the Conservatives, in particular Prime Minister Stephen Harper and Agriculture Minister Gerry Ritz, regarding the Canadian Wheat Board (CWB) disregard federal legislation.

The CWB was established through the Canadian Wheat Board Act (1943), federal legislation providing farmers with a common economic voice. The act mandates the process by which the CWB can be dissolved, explaining that the government is legally bound to hold a plebiscite that results in a majority of the CWB members voting in favour of dissolution. Our government has refused to follow this process.

In lieu, the CWB held an independent plebiscite resulting in a 62 per cent majority supporting the CWB single desk for wheat. Nonetheless, Ritz tabled the Marketing Freedom for Grain Farmers Act, a bill that would dismantle the CWB by August of 2012.

We are gravely concerned by our government's failure to acknowledge the CWB Act.

KELTIE BUTLER, ON BEHALF OF THE FOOD ACTION COMMITTEE OF THE ECOLOGY ACTION CENTRE HALIFAX

photo of the day

metro PHOTO CHALLENGE

▶ This photo titled Fantasia was submitted to the Novelty category by Eduardo Nunes from Portugal.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition.
Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Putting a face on tumours — literally

QUEEN'S UNIVERSITY/THE CANADIAN PRESS

▶ What looks like the face of a screaming man in an ultrasound of a testicular tumour.

Doctors at Queen's University in Kingston did a double take when they spotted what looks like the face of a screaming man in an ultrasound of a testicular tumour.

What was meant as an inside joke between doctors went viral after it was published in a recent issue of the journal Urology.

The image has been compared to sightings of the Virgin Mary or Jesus on toast or grilled cheese sandwiches.

In the journal, the doctors said they debated "whether the image could have been a sign from a deity" — notably the Egyptian god of virility — but quickly dismiss it as a coincidence.

THE CANADIAN PRESS

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‘Fracking’ caused tremors: Company

Hydraulic fracturing on rise Environmentalists worry method could poison water and damage air

The only company in Britain using hydraulic fracturing to release natural gas from shale rock said yesterday that the controversial technique probably did trigger earth tremors in April and May.

But a report commissioned by Cuadrilla Resources, which is drilling for gas outside the northwestern English coastal town of Blackpool, cautioned that the tremors, measuring 1.9 and 2.8 on the Richter scale — were due to a combination of geology and operations unlikely to happen again.

Cuadrilla is the only company currently extracting shale gas using hydraulic fracturing — a technique by which a mix of water, sand and chemicals are pumped deep inside underground rock formations to free the gas.

Fracturing operations were suspended on May 27 following the detection of a tremor centred just outside Blackpool.

Environmental activists have raised concerns about the potential impact on water quality.

Critics also fear fracking could poison water supplies, while the natural gas industry says it’s been used safely for decades.

THE ASSOCIATED PRESS

PETER BYRNE/THE ASSOCIATED PRESS

▶ Protesters scale a shale gas rig at Banks, near Southport, England, bringing a halt to work at the Cuadrilla Resources site yesterday.

CAREER REPORT

Canada’s quality-job pace slows

Canada’s 1.4 million unemployed were finding it tougher to land better-paying jobs, particularly in the public sector, as the pace of job growth in Canada appeared to slow during the third quarter, according to employment reports released yesterday.

CIBC said its Canadian Employment Quality Index, which measures both the compensation and stability of jobs, sat roughly where it was on the eve of the last recession.

While the economy generated on average 17,000 new jobs a month during the period, that was down from 29,000 a month in the second quarter and 33,000 in the first — and those fewer jobs were generally of lower quality, the report added.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 33.16 (1,622.04)	+0.51¢ (98.66¢ US)

Oil	Natural gas
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2 scene

Hugh Grant

Hugh Grant's spokeswoman says the actor has become a father for the first time. The spokeswoman said Grant and the mother "had a fleeting affair and while this was not planned, Hugh could not be happier or more supportive."

THE ASSOCIATED PRESS

Jerry Seinfeld named first guest host to follow Regis Philbin's departure from Live!

CONTRIBUTED

▶ Oh My Darling is playing at the West End Cultural Centre this Saturday.

Playing around with the past

From old-fashioned recording to throw back lyrics, Oh My Darling are doing things different

BACKSTAGE PASS

JARED STORY
METRO WINNIPEG

To properly portray its vintage sound, Winnipeg country-roots quartet Oh My Darling recorded its second full-length album Sweet Nostalgia in a straw-bale house in Roseisle, Man.

"Being secluded in the Pembina Valley area was a really positive influence on the album," Rosalyn Dennett says, who handles fiddle/vocals in the four-piece.

"It was a beautiful place to be. You're surrounded by nature so anytime you need to relax you're in the place to do it. We stayed in this 100-year-old house next door to the recording studio. With everybody staying together and recording live in one room together, it was a very cohesive experience."

Multitracking and old time music don't exactly mix, so the band — which also includes vocalist/guitarist Vanessa Kuzina, banjoist Allison de Groot and upright bassist Marie-Josée Dandeneau — opted for the live off the floor recording route.

"The main thing was capturing our live sound, trying to find out how we could translate the energy we have on stage into a recording," Dennett says.

"The album is called Sweet Nostalgia and there's a lot of traditional stuff on it, so we wanted to do a throwback in terms of recording style as well. If we had tracked, I think there would be a disconnect."

Recorded with Juno Award-winning producer Steve Dawson and engineer Don Benedictson (the owner of the straw-insulated recording studio), Sweet Nostalgia contains original Oh My Darling songs, as well as a few traditional covers. The band isn't afraid to play around with the past, just take the tune Kiss & Tell.

"It's an adaptation of a song called Greasy Coat," Dennett says.

"I learned it while in the States from a friend around a campfire. It has the dirtiest, filthiest lyrics I've ever heard, which I thought was great. I wanted to start singing it at jams myself, but because it's so R-rated I thought I should tweak it. I took a few instrumental and lyrical liberties but I consider it a collaboration."

Oh My Darling sings Sweet Nostalgia Saturday at the West End Cultural Centre.

In celebration of the CD release, Half Pints Brewing Company will be selling a specialty beer called Sweet Nostalgi-ale. Tickets are $17.50 at the WECC, Winnipeg Folk Festival Music Store and Ticketmaster (plus service fees) or $20 at the door. Showtime is 8 p.m.

Other events

Get your giggle on.

Comedy British invasion. Just for Laughs is in town Tuesday with a special British edition of its annual cross-country tour. The show features U.K. comics Matt Kirshen, Hal Cruttenden, Stephen K. Amos, Sean Meo and Terry Alderton and is hosted by Canadian comedy star Steve Patterson. Tickets are $43/$50 and available at Ticketmaster. Showtime is 7:30 pm.

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The Biebs a baby daddy?

A California woman claims that Justin Bieber is the father of her four-month-old child and wants the 17-year-old pop star to take a paternity test, according to TMZ. "He told me he wanted to make love to me and this was going to be his first time," the woman, 20-year-old Mariah Yeater, says in a sworn affidavit, explaining that they met backstage after an L.A. concert in October 2010, where Bieber allegedly invited her to join him in private — in a bathroom.

"We went inside and immediately his personality changed drastically," Yeater says.

"At the time I asked him to put a condom for protection, but he insisted that he did not want to. In his own words, he said that because it was his first time he wanted to feel everything."

▶ Justin Bieber

Bieber's camp is denying the allegations, of course: "While we haven't yet seen the lawsuit, it's sad that someone would fabricate malicious, defamatory, and demonstrably false claims," the singer's reps say. "We will vigorously pursue all available legal remedies to defend and protect Justin against these allegations."

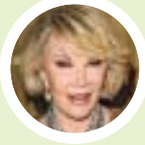
METRO

Celebrity tweets

@JimCarrey

I wonder how many seals escape being eaten by great white sharks because the sharks have mistaken them for surfers.

@Joan_Rivers



I think I know why Kim's marriage lasted only 72 days. Apparently she only knows 71 positions.

WHAT ABOUT THE GIFTS, KIM?

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Day three of Kardashian divorce coverage and we're not slowing down — not when, like Pompei, there are so many unanswered questions out there.

But they won't be unexplained for long as — wouldn't you know it? — it just so happens Kris Jenner has a new book, Kris Jenner: And All Things Kardashian, that she has to promote!

The ladies of The View grilled Mama Kardashian yesterday and whereas Jenner was very honest, she says she doesn't know what her daughter will do with that $2 million dollar engagement ring.

But we do, thanks to a quick chat with etiquette expert extraordinaire, Lizzie Post, co-author of the new book Emily Post's Etiquette: 18th Edition. And although "etiquette" and "Kardashian" go as well together as "Larry King" and "sex tape," she does have some good points.

"That's her ring to keep," she advises.

"It's really hers and it's up to her on what she decides to do with it.

"She did have a marriage. Just because it didn't last very long doesn't mean she didn't follow through with her engagement."

But, as for the news Kardashian is donating her millions of dollars worth of wedding gifts to charity, Post says that is just wrong, wrong, wrong.

"It's totally inappropriate!" she laughs.

"I know her heart is in the right place but the truth of the matter is, the intention behind a wedding gift isn't to be donated, it was for them to be used as gifts for Kris and Kim and their life together.

"The appropriate thing is to return them to the person who gave it — especially if she goes and gets the tax write-off for them."

ALL PHOTOS GETTY IMAGES

▶ Kim Kardashian and Kris Humphries in happier times.

Post's last piece of etiquette advice is that everyone (even big-headed gossip columnists like myself) need to be respectful of their divorce.

"Everyone should be very open minded and respectful now," says Post.

"I don't care who you are — having a marriage dissolve after that short of time is very painful," she adds.

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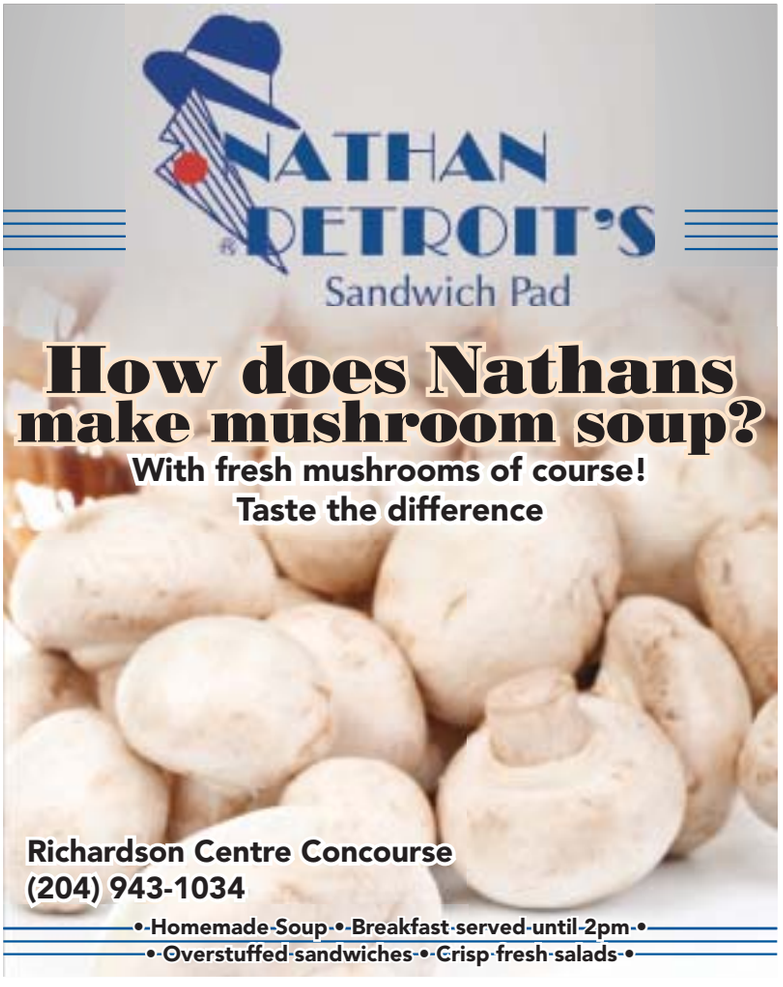

3 life

Style pick

Jil Sander iPhone holder

Yes, the iPhone 4S is here. Whether you're a technocrat or not, it's always a wise move to keep your gadget safe by (colour) popping it in this on-trend, saffron sheath.

RICHARD PECKETT

JIL SANDER

$125, oki-ni.com

Saint Pierre teams with Reitmans; boost for New Labels; Pugh for MAC

Close up on Bridget Kelly

Jay-Z's protégé is a New Yorker with a debut EP that features The Dream and Frank Ocean, and a mean flair for makeup

She shares some of her stage tips

ROMINA MCGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Lip balm that won't catch flies

"I wear my hair down a lot so I'm not a fan of lip-gloss," says the Roc Nation singer who is currently working on a new album. "If I'm on stage and the wind blows then my hair will get stuck on my mouth so I avoid it. MAC's pink lip conditioner gives just a little bit of tint and looks like a gloss without the sticky shine. It's just enough moisture to look like makeup."

Beating the bad skin days

"The NARS duo concealer in custard/ginger saves my life when I'm having a breakout," Kelly explains. "It completely covers what I need covered. And if I have a show, MAC studio tech compact gives me complete coverage and gives my face a glow."

The trick to cheek contouring

"I have high cheekbones so it's really easy for me to mess the blush up and end up looking like a doll. For the best result I use a small brush with St. Tropez Bronzing Rocks. I try and contour the powder below my cheekbones by making a fish face and pouting my lips so I can see where my cheekbone line is and then I just brush underneath it. This helps illuminate them a little more."

On the perfect eye:

"I have long lashes so mascara easily starts to cake and I end up with tarantula eyes. L'Oreal Voluminous mascara is wonderful as it really separates my lashes and adds a bit of lift to them so I don't need eyelash curlers."

Bridget Kelly's beauty rules

1. "Wash your face twice a day to keep the skin fresh and the pores clean."
2. "Never be afraid to try new things. I used to have a fear of lipstick as I used to find a heavy lip so overwhelming. It can overpower the face and that freaked me out. Now I've started experimenting and I'm more comfortable with the idea so I sometimes go for an orange, bright pink or dark purple lip, colours that used to horrify me."
3. "Find makeup that matches your neck. I often see women with all different shades on their face, hands, neck and chest. That never works."

IN HER MAKEUP BAG

NARS
Duo Concealer in Custard/Ginger
$30, narscosmetics.com

MAC
Lipstick in brave red
$15, maccosmetics.com

BURBERRY
Brit Eau de Toilette
$72, burberry.com

L'ORÉAL PARIS
Voluminous Volume Building Mascara in Black
$8, lorealparis.com

ST. TROPEZ
Tan Enhancing Bronzing Rocks
$40, st-tropez.com

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Best blow-dry at home

THE KIT

BY CHANTEL SIMMONS

Can't afford a weekly salon blow-dry? Fake it at home with these salon-worthy tools.

1. Brush hair wet or dry with John Frieda Sleek Finish brush.

It contains deep-shine silicone bristles that create shine, smooth flyaways and reduce frizz, and a ceramic titanium coating for even heat and shine enhancement.
$20, johnfrieda.ca

2. Protect hair from heat damage caused by dryers and irons by applying Revlon Style Masters Pre Tools Defender,
$20, revlon.com

3. Tame frizz for up to two full days with L'Oréal Paris Hair Expertise Ever-Sleek Sulfate-free smoothing system.
$11, lorealparis.ca

4. Light as a small water bottle, the T3 Featherweight dyer, with its ionic and infrared heat combo dries hair 60 per cent faster.

$200, sephora.ca

SUBSCRIBE FOR FREE TO THEKIT.CA AND DISCOVER THE DIGITAL WORLD OF BEAUTY.

Bank or Budget

JUMPERS WITH A FLOURISH

Last season's obsession with understated heritage knits has been pushed aside by a new crop of fancier, embellished versions. The more decorative the better. Think: A trace of lace down the sleeves or a patch of sequins at the shoulder. And if you're not up for splurging, just take your old American Apparel faithful to a trimmings shops and DIY the look yourself.

KENYA HUNT

JASON WU

jumper $1,195, netaporter.com

SOPHIE HULME FOR ASOS

sweater, $117, asos.com

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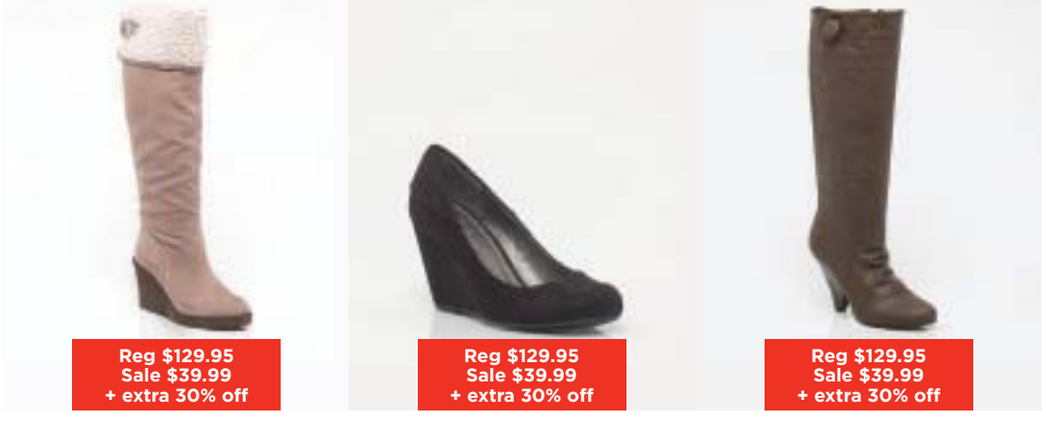

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SPONGING UP CLEANING ADVICE IN CHINA

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLESMACPHERSON.COM

Greetings from Asia!

Yesterday, while having lunch at the new Andaz Hotel here in Shanghai, I had the honour to be with three wonderful local journalists.

Lunch started off as most business lunches do with pleasant conversation, but within the first 10 minutes one of the journalists leaned over and said, "Charles, as a professional butler, how do you clean a kitchen sponge?"

At first I was a little taken back, and then I laughed.

Why did I laugh? Well I started thinking to myself that despite literally being on the other side of the world from home, we all have the same questions in our daily lives.

So how do you clean sponges? Well, it is rather simple really.

1. Wash you sponge under warm running water with dish soap.

2. Take the wet sponge and twist most of the water out.

3. Put the moist sponge in the microwave on full power for 60-90 seconds.

4. Let it dry on your kitchen counter.

Now one thing to always remember: don't keep sponges for too long.

Lucky enough sponges are generally inexpensive and so after a period of time (I change mine pending use every two to four weeks) they should be replaced, but it is important to clean them daily as they can harbour germs and bacteria.

GOT A QUESTION? SEND AN EMAIL TO ASKCHARLESTHEBUTLER@METRONEWS.CA.

ISTOCK

▶ Why clean your dishes with a dirty sponge?

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Dress up your home for fall

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DIY IDEAS

ISTOCK

Don't wait until December to put a wreath on your door.

It's easy to capture the feeling of the season without displaying fake and over-the-top decorations. These simple tips will update the look of your home.

While decor is an easy trick, some lucky homeowners are subject to ambush contracting at its best with host Josh Temple in DIY Network Canada's House Crashers. Stunned homeowners win the remodel lottery with dramatic, eye-popping home transformations.

Use these eye-catching materials to add beautiful autumn decor to your porch or yard.

Dried cornstalks
These can be purchased at roadside vendors or other locations where pumpkins and apples are sold.

Bunch together 15-20 dried cornstalks at a time and tie in the middle with twine. Add a colourful ribbon around the twine in burgundy, green, orange, or a colour that suits your home. Place them on either side of an entranceway for a beautiful first impression.

Plants
Mums are the key to a fall feeling. Find a colour that will bring a zing to your overall decor. Flowering cabbages are another great way to include plants.

Pumpkins and gourds
This is one of the simplest ways to decorate for fall. Arrange an assortment of pumpkins and gourds in varying sizes and shapes to dress up any walkway, staircase or entrance.

Dried corncobs
These come in a variety of colours and add harvest flair to fall decorating. Tie them to cornstalk bunches or include in larger arrangements.

Wreaths
Wreaths are a great way to dress up your entrance.

Think of including berries, mini gourds, silk flowers or leaves, and colourful ribbon.

HOUSE CRASHERS AIRS WEDNESDAYS AT 9 P.M. ET/PT ON DIY NETWORK CANADA.

Wooden signs

Autumn is a great season to display your favourite craft items outdoors.

Painted wooden signs can be purchased from craft fairs or made yourself to bring fall sentiments to your decor.

Harvest flavours

Using oats and rice gives this veggie burger a great texture

MATTHEW MEAD/ THE ASSOCIATED PRESS

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

The problem with many veggie burgers is that they try too hard to be hamburgers.

Sorry, but they're not fooling anyone, least of all diehard carnivores.

So why not embrace the idea of a veggie burger and make one that tastes and looks like what it is — a burger made from veggies and grains?

That was the motivation in creating this harvest burger, a patty bursting with flavour, not to mention onions, red pepper, corn, pumpkin, rice and oats. It won't fool you into thinking it's meat, and it's not supposed to. The burger goes great with a slab of cheddar and a slather of mayonnaise, but feel free to top as you see fit.

Ingredients:

- 45 ml (3 tbsp) olive oil
- 1 onion, diced
- 5 ml (1 tsp) ground cumin
- 1 red bell pepper, core and diced
- 125 ml (1/2 cup) corn kernels, fresh or frozen
- 250 ml (1 cup) cooked brown rice
- 250 ml (1 cup) quick oats, lightly toasted
- 1 can (398 ml/14 oz) pumpkin or squash puree
- 30 ml (2 tbsp) chopped fresh cilantro or parsley
- 15 ml (1 tbsp) balsamic vinegar
- Pinch cayenne pepper
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp)black pepper
- 6 burger buns

Preparation:

1. In a skillet over medium-high, heat 15 ml (1 tbsp) of the oil. Add onion and cumin; sauté until onion softens and begins to brown, about 5 minutes. Add red pepper and corn kernels and sauté until just tender, 3 to 4 minutes.
2. Transfer mix to bowl and let cool 5 minutes. Add rice, oats, pumpkin, cilantro, balsamic vinegar, cayenne, salt and pepper. Stir to combine. Form mix into 6 patties.
3. Heat remaining olive oil in skillet over medium-high. Add patties to skillet, in batches if needed, and brown for 3 minutes per side. Serve on buns with preferred condiments. **EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA/ THE ASSOCIATED PRESS**

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4 sports

Wellwood maligned for the wrong reasons

JOEL AUERBACH/GETTY IMAGES

▶ Kyle Wellwood, seen here scoring the shootout winner against the Panthers' Jose Theodore in Florida on Monday night, is third in Jets scoring with five goals and three assists.

THE HOCKEY NEWS

RORY BOYLEN
WINNIPEG@METRONEWS.CA

I've always thought Kyle Wellwood got a bad rap. Maybe it's the poolside picture of his less-than-athletic looking body that circulated the Internet a couple of years ago or maybe it's his sublime puckhandling ability that always leaves you wanting more. But when it comes down to it, Wellwood is a decent, underappreciated NHLer.

If you ask the coaching staff of the San Jose Sharks — Wellwood's last employer — about the passive 28-year-old, they'll tell you he was effective and accomplished what they wanted and expected out of him. The biggest problem with Wellwood, however, is the fact he's a player who is caught between roles at the NHL level.

If you were to describe what type of player Wellwood is, you'd quickly jump to the offensive side of the ledger. But Wellwood isn't consistent enough and doesn't post enough points to be a first- or second-line player for any contending teams. He's also not a grinder, so if he's not going to fit in your top six, he's not a natural fit for the bottom of the lineup either.

That's not to say Wellwood is incapable of playing a depth-line role. In fact, he often finds his way there, just as he did in the playoffs with the Sharks last season. He's grittier than he's given credit for, but he's also not the best option if you want an in-your-face attitude in the corners.

For these reasons, Wellwood hasn't found a permanent home with an NHL team — and, in the long run, it probably won't happen with Winnipeg either. He's helping lead a Jets team in search of consistency right now, but it's highly unlikely his impressive production will keep up. He's done this too many times before to expect it will all of a sudden come together.

But while Wellwood will never be the face of a franchise and will eventually disappoint those expecting continued production out of him, he will continue to be a player you can play on any line, in almost any situation.

And it's little pieces like those that come together to complement a winning roster.

Quoted

"Well, I was (ticked) off. Of course I want to be in that situation on the ice, and you know it doesn't matter who I said it (to) and what I said. It looks funny on TV."

ALEX OVECHKIN. TELEVISION CAMERAS CAUGHT WHAT APPEARED TO BE SOME UNPLEASANT WORDS FROM THE CAPITALS CAPTAIN DIRECTED AT COACH BRUCE BOUDREAU, AFTER OVECHKIN WASN'T AMONG THE PLAYERS BOUDREAU SENT ONTO THE ICE AFTER PULLING THE GOALIE WITH A ONE-GOAL DEFICIT LATE IN REGULATION TUESDAY NIGHT AGAINST THE ANAHEIM DUCKS. BOUDREAU'S MOVE WORKED. THE CAPITALS TIED THE SCORE THEN WON 5-4 IN OVERTIME.

Quade first casualty of Cubs' Epstein era

CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

▶ Theo Epstein

Theo Epstein is looking for a new manager to lead the Chicago Cubs. He knows exactly the type of candidate he wants, too.

In his first major on-field move since becoming the team's president of baseball operations, Epstein fired Cubs manager Mike Quade yesterday and began the search for his replacement. The move came one day after the club introduced new general manager Jed Hoyer and scouting/player development head Jason McLeod.

Epstein, who joined the Cubs a little more than a week ago, laid out the qualifications he has in mind for the next manager. One is managerial and/or coaching experience in the major leagues, which eliminates popular fan choice and former Cub Ryne Sandberg.

Epstein spoke with Sandberg yesterday and let him know that he wasn't in the plans. Sandberg did manage in Chicago's minor league system but left after Quade was chosen as Cubs' manager in the 2010 season. THE ASSOCIATED PRESS

Playoff fate in Bombers' hands

The Winnipeg Blue Bombers have one thing the Calgary Stampeders do not as they head into their last regular season game this weekend — control of their own destiny.

Win and the Bombers are No. 1 in the East and can rest until the Eastern Final. Lose and they have to hope the cards fall their way with Montreal losing to the B.C. Lions, which would also put the Bombers into top spot.

That's life in the CFL, where five teams sit with the same 10-7 record as the season ends.

History doesn't seem to be on Winnipeg's side, with their last win in Calgary in 2002. Still, coach Paul LaPolice insists he isn't losing sleep over the long losing streak.

"You can't look to the past. What this team did five years ago has no bearing on this game," he said after practice yesterday.

The Bombers are resting Saturday's hopes on backup quarterback Alex Brink, with starter Buck Pierce out again with an injury — this time a sprained knee.

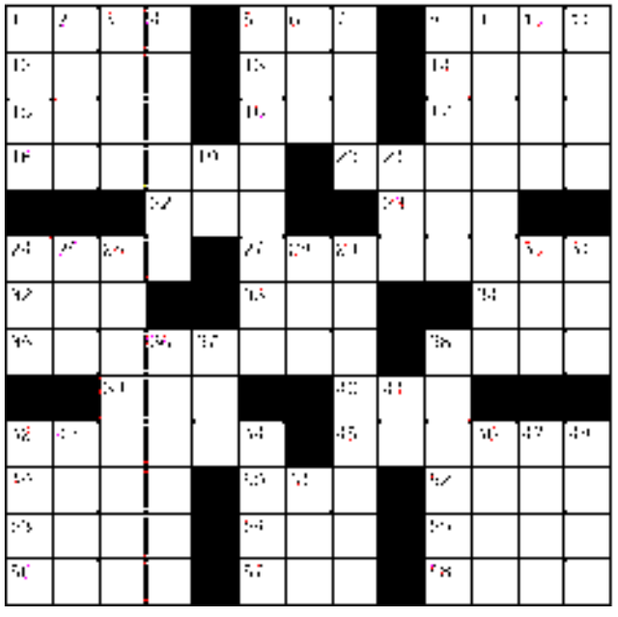
The team also has a maddening habit this year of winning the tough games and losing the ones that should be easy. Perhaps that's good since Calgary, riding high on new quarterback Drew Tate, looks anything but easy. THE CANADIAN PRESS

CFL awards

Quarterback Anthony Calvillo was named the Montreal Alouettes nominee for the CFL Most Outstanding Player award yesterday in voting conducted by members of the Football Reporters of Canada and CFL head coaches. Calvillo has won the award in 2003, '08, '09.

- Defensive back Jovon Johnson of the Bombers was also nominated for the award. He was named Winnipeg's top defensive player and outstanding special-teams performer as well.
- Other Bombers nominated were slotbacks Cory Watson (top Canadian) and Clarence Denmark (top rookie).

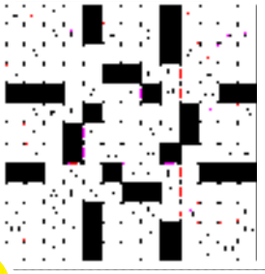
Crossword



Across
1 Spinning toys
5 — -relief
8 Help with a crime
12 Beehive State
13 Every last bit
14 Crooner Jerry
15 Use a teaspoon
16 Spy-novel org.
17 "... and to — good-night!"
18 Alaskan brown bear
20 "GWTW" hero
22 To the — degree
23 Trail behind
24 Spoof
27 Locales for snuffing
32 Commotion
33 Gun lobby grp.
34 Wrestling surface
35 Confined
38 Moist in the morn
39 A billion years
40 Prepare Easter eggs
42 Surprise attack
45 Chocolate-coated treat
49 "Buenos —"
50 Playwright Levin
52 Corn territory
53 Lobs' paths
54 Book spine abbr.
55 Blueprint additions
56 Create
57 Conger, e.g.
58 T, in Morse code

Down
1 Walrus feature
2 "Beetle Bailey" dog
3 Remunerated
4 Psychiatrist
5 Tennis stroke
6 "The Greatest"
7 Thick chunk
8 Computer user's icon
9 Situation
10 Model Macpherson
11 Rend
19 What @ means
21 Last (Abbr.)
24 Jongg preceder
25 Praise in verse
26 Retort
28 — Lanka
29 Court pastime
30 Deviate off course
31 Pigpen
36 Fluffy dessert
37 Type units
38 Just said no
41 Rocky's greeting
42 Leading man?
43 Actress Sorvino
44 Apiary home
46 Gaucho's weapon
47 Temple University team
48 Humorous poet Ogden
51 Fish eggs

▶ Yesterday's answer



Sudoku

4		5				9		3
	7		5		3		1	
6			4		8			7
		7	9		5	3		
		8	3		7	4		
2			7		6			8
	9		2		1		4	
7		1				6		2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	6	2	7	9	1	8	3	5
3	7	1	2	5	8	6	9	4
5	9	8	3	4	6	7	2	1
2	4	6	1	8	7	3	5	9
8	1	5	9	3	2	4	6	7
9	3	7	5	6	4	2	1	8
1	8	3	4	2	9	5	7	6
7	2	4	6	1	5	9	8	3
6	5	9	8	7	3	1	4	2

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Baby (RSC), ILU and i just wanted to let u know how much u mean to me (which is A LOT) :P and i hope u like this surprise (mwah) <3 **AROOSA ;)**

William, It's been a long time since we have seen each other. I am good. I am sorry for how I treated you, I was beyond horrible to you. Maybe one day you can find it in your heart to forgive me and maybe we can be friends again. I hope your doing good as well. **L**

Welsh Princess
You are the girl that I have always been searching for - I'll never stop loving you and making you laugh. The sun shines brighter and my thoughts are filled with the golden hues of a radiance in love that you have given me! We are one, we always were and we will always be love incarnate!
THE ORIGINAL BLUE ROSE

A look at the weather

TODAY	FRIDAY	SATURDAY
Min -3°	Min -1°	Min -2°
Max 9°	Max 8°	Max 7°

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

♈ **Aries** **March 21-April 20** Your confidence may be sky high but don't fall into the trap of thinking that you cannot possibly fail.

♉ **Taurus** **April 21-May 21** Anyone who tries to tell you that you owe them your time, or even your money, is not to be trusted.

♊ **Gemini** **May 22-June 21** Don't jump on someone's back just because he or she refuses to see things your way. Let it be.

♋ **Cancer** **June 22-July 22** The more people say you can trust them today, the more you should be on your guard.

♌ **Leo** **July 23-Aug.23** If opportunity comes knocking today, you must grab it with both hands.

♍ **Virgo** **Aug. 24- Sept. 22** You are long past the point where what you get out of a partnership makes up for what you put in.

♎ **Libra** **Sept. 23-Oct. 23** Strive to stay serene no matter how difficult life gets. You may find that it's not so difficult after all.

♏ **Scorpio** **Oct. 24-Nov. 22** Avoid the temptation to point out a colleague's mistakes today because he or she won't take kindly to you making him or her look bad.

♐ **Sagittarius** **Nov. 23-Dec. 21** You will do OK if you have a specific aim in mind and a plan to get you there by the shortest route.

♑ **Capricorn** **Dec. 22-Jan. 20** Sometimes, it is best to break bad news to someone quickly rather than letting it drag on.

♒ **Aquarius** **Jan. 21-Feb. 18** If you try too hard to make a good impression today, you may end up doing the opposite.

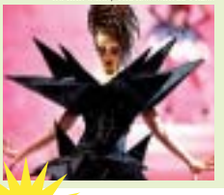
♓ **Pisces** **Feb. 19-March 20.** Uranus, planet of changes, warns you must not take chances with money. **SALLY BROMPTON**

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Caption contest

MARKUS SCHREIBER/THE ASSOCIATED PRESS

NG HAN GUAN/ THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Spacious newly constructed designer suites with luxurious features - a stylish kitchen with new appliances, chic bathroom with ceramic tiles and modern décor. Suites offer gleaming maple hardwood floors in the living room, contemporary lighting, and an electric fireplace. All suites are pre-wired for surround sound.

Furnished suites also available.

Set amidst shopping, dining, night-life, recreation and cultural attrac-tions, everything you need is near. MTS Centre is just a block away!

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